



LOW
FODMAP
DIET
EDUCATION

LOW FODMAP DIET CHECKLIST

[FOODS TO EAT]

dairy/ dairy alternatives



butter • cheeses (hard or aged): Brie, Camembert, Cheddar, Colby, feta, goat cheese, Gruyere, Harvarti, mozzarella, Parmesan, pecorino, Swiss • coconut yogurt • LF cottage or cream cheese • LF cow's milk • LF ice cream • LF sour cream • non-dairy milk: almond, coconut milk (canned), hemp, rice milk • whipped cream • yogurt (LF or coconut)

nuts/oils/seeds

>> Limit to one handful nuts & seeds

nuts >> almonds, Brazil nuts, chestnuts, hazelnuts, macadamias, peanuts, pecans, pine nuts, walnuts, peanut butter (2 TB), almond butter (1 TB) • **oils** >> all (olive, avocado, etc. + garlic and shallot infused oils) • **seeds** >> caraway, chia, flax, hemp, poppy, pumpkin, sesame, sunflower

legumes

chickpeas (canned, ¼ cup drained & rinsed) • edamame (2 handfuls) • lentils (canned, ½ cup drained & rinsed) • tempeh (plain) • tofu (firm)

grains

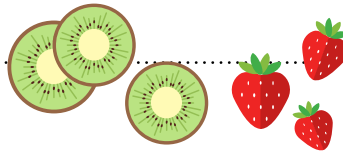
buckwheat • corn flour • corn tortillas • GF bread (w/o FODMAP ingredients) • GF pasta (w/o FODMAP ingredients) • millet • oats • polenta • rice • rice cakes • rice flakes • quinoa • quinoa flakes • slow leavened sourdough wheat or spelt breads • soba noodles • sorghum • teff flour

vegetables/herbs

arugula • bamboo shoots • basil • bean sprouts • beets (canned or pickled) • bell peppers • bok choy • broccoli • cabbage (common, red or green) • capers • carrots • celeriac • chili pepper • chives • cilantro • collard greens • corn (½ cob) • cucumber • eggplant • endive • fennel bulb (few slices) • ginger root • green beans • kale • leek greens (no white part or bulb) • lettuce • mint • olives • oyster mushrooms • parsley • parsnip • potato (white) • pumpkin (canned) • radish • rosemary • rutabaga • scallion (no white part or bulb) • seaweed (nori) • spinach • squash (kabocha, patty pan, spaghetti) • sweet potato (½ small) • Swiss chard • thyme • tomatoes • turnip • water chestnuts • watercress • zucchini squash (5-6 slices)

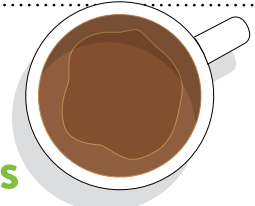
fruit

avocado (3 slices) • banana (small firm) • banana chips (dried) • blueberries (handful) • cantaloupe • clementine • coconut (fresh + dried) • cranberries (1 TB) • dragon fruit • grapes (red, green, black) • guava (ripe) • honeydew • kiwifruit (gold + green) • lemon • lime • orange • papaya • passion fruit • pineapple • plantain • pomegranate (handful) • raisins (1 TB) • raspberries • rhubarb • star fruit • strawberries • tangelo



GF = gluten free • HFCS = high fructose corn syrup • LF = lactose free • TB=tablespoon

beverages



>> alcohol, coffee, juice, tea

alcohol >> most white and red wine, beer, gin, vodka, whiskey • **coffee + espresso** • **juice** >> cranberry (without HFCS) • **tea** >> black, green, peppermint, white

baking products & additives

>> condiments, spices, sweeteners & sweets

cocoa powder • condiments (mustard, vinegar, soy sauce, ketchup -1 TB of each) • dark chocolate • GF flour blends (made with suitable ingredients) • maple syrup (pure) • rice syrup • spices (all-spice, cinnamon, coriander, cumin) • starch (corn, potato, tapioca) • stevia • sugar (brown, confectioners, table, palm, raw, white) • vanilla and almond extract

protein

beef • chicken • eggs • fish • lamb • pork • shellfish • tempeh (w/o fodmap ingredients) • tofu (firm) • tuna (canned)

